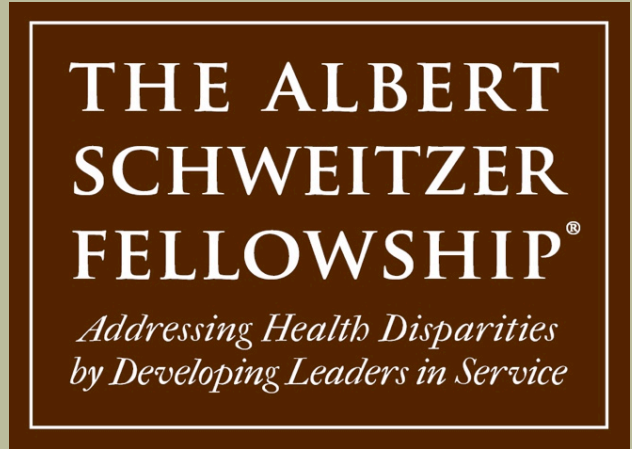


# THE COLUMBUS-ATHENS SCHWEITZER FELLOWS PROGRAM

Purpose: To facilitate service projects to benefit the Columbus and Athens communities, and simultaneously develop emerging professionals who have the skills to address unmet health-related needs throughout their careers.



“Start early to instill in your students awareness that they are on this earth to help and serve others; that is as important to pass on to them as knowledge.”

—Albert Schweitzer, PhD, MD

## Centering Family Health

Balancing family health through education and support



### Methods

- Implemented the Centering Family Health program from **August 2014-April 2015**
- Coordinated weekly, 2 hour sessions: 1 hour of nutrition education with healthy snacks provided, 30 minutes of health education, 30 minutes of exercise
- Held discuss time with families to address health and nutrition topics

### Impact

- **25** individuals served
- **6** families served
- **20** CFH sessions held
- **12** volunteers engaged
- Sustained program through OSU student organization, **Centering Community Health Council**
- Upcoming Schweitzer Fellowship project in the **Franklinton Community**

### Background

Families of Starling Pre K-8 STEM school in the Franklinton community face many health disparities including: low socioeconomic status, chronic disease, and decreased access to health care services.

The **Centering Family Health** program provided education and social support to Starling Pre K-8 to help families gain skills and knowledge to enhance their health and wellness

### Objectives

- Increase knowledge of health education topics including safety, hygiene, and chronic disease
- Increase skills of healthy eating habits and nutrition topics
- Encourage weekly exercise and other opportunities for physical activity
- Provide opportunities for goal-setting and achievement for healthy behaviors



### Participant Profile

- Children ages 6-14
- Adults ages 30-78
- Caucasian, African American
- Interested in health and wellness topics
- Decreased access to health care



### Testimonial

*We would like to thank you for providing such a wonderful program at our school. You were truly the heart of it all, always offering a variety of topics and keeping it interesting. We appreciate you sharing your knowledge with us. You will be missed. –*

Diane Brown, Parent Consultant,  
Starling Pre K-8 STEM



**Smita Yerramilli**  
College of  
Public Health

